



# Sigaarka/Shiishada iyo Korona fayras (COVID-19) Sii sanbabooyinkaaga fursad ay ku dagaal galaan

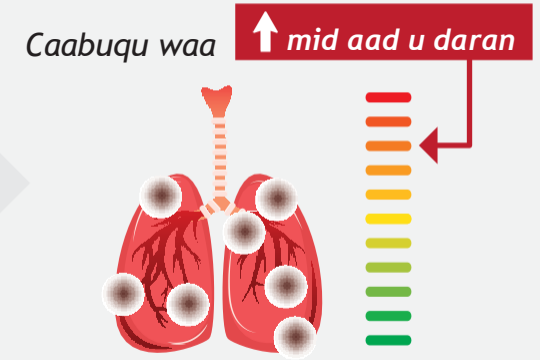
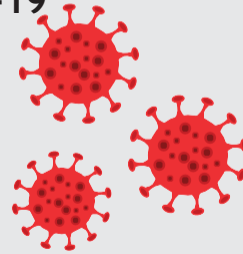
**Sidee ayuu ku kordhay  
khatarta kaaga imaanaysa  
cudurka COVID-19?**

**SIGAARKA AMA SHIISHADA  
KANAABIS AMA TUBAAKO**

- Waxay waxyeelaysaa sanbabooyinka
- Waxay waxyeelaysaa nidaamka difaaca jirka (jirku awood ku filan uma yeelanaayo la dagaalanka cudurada)



**U banbixida cudurka  
COVID-19**



**Waan kaa caawin  
karnaa joojinta  
sigaarka!**

**LAYNKA TUBAAKO JOOJINTA EE GOBALKA WASHINGTON**



**1-800-QUIT-NOW (Iska Jooji-Hadda)**

**APP-KA TALEEFANKA CASRIGA AH**

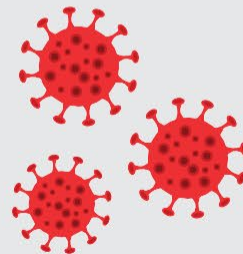


**doh.wa.gov/quit**

Markaad joojiso sigaarka  
ama shiishada,  
**sanbabooyinkaaga iyo  
nidaamka difaaca  
jirkaaga ayaa  
caafimaadkoodu sii  
xoogaysanayaa**



**U banbixida cudurka  
COVID-19**



Caabuqu waa **↓ mid darnaantiisu  
yaraanayso**

